

# SEDONA ADVENTURE RETREAT SCHEDULE

## **Day 1 (Friday) - Falling in Love with Sedona**

- 6:00 AM: Departure from San Diego,
- 12 PM Departure from Phoenix, AZ
- 3:00 PM: Arrival at Little Horse Trailhead
  - Hike to Chicken Point (4 miles moderate)
- 6:00 PM: Check In to Villa
- 7:00 PM: Dinner & Introductions
- 8:00 PM: Opening Circle, Setting Intentions, Journaling
- 9:30 PM: Yin Yoga, Sound Healing & Meditation

## **Day 2 (Saturday) - Exploring Vortexes**

- 7:00 AM: Breakfast
- 8:00 AM: Optional Long Hike to Boyton Canyon (7 miles - moderate)  
Visit Boynton Canyon Vortex and connect with energy ceremony, climb into stunning Subway Cave and explore canyon walls
- 2:00 PM: Lunch & Jacuzzi
- 4:00 PM: Release Workshop
- 6:00 PM: Walk Red Rock Crossing Trail and enjoy the sunset (1-mile easy)
- 7:30 PM: Dinner
- 9:00 PM: Restorative Yoga & Sound Healing

## **Day 3 (Sunday) - River and Village Exploration**

- 7:00 AM: Breakfast + Picnic Prep
- 8:00 AM: Optional Long Hike: West Fork of Oak Creek (7 miles moderate)  
Explore multiple streams, and towering canyons West Fork of Oak Creek. Hike inside the stream. Picnic Brunch mid-hike.
- 2:30 PM: Lunch, Rest, Jacuzzi time
- 4:30 PM: Music Therapy Workshop
- 6:30 PM: Explore art galleries in Tlaquepaque Village
- 7:30 PM: Dinner
- 8:30 PM: Fire Ceremony & Celebration
- 9:30 PM: Sound Healing & Meditation

## **Day 4 (Monday) - Devil's Bridge Adventure**

- 7:00 AM: Gentle Yoga Flow
  - 8:00 AM: Breakfast & Closing Ceremony
  - 10:00 AM: Hike to Sedona's famous landmark - Devil's Bridge (4 miles - moderate) and take breathtaking pictures on the bridge!
  - 2:00 PM: Picnic Lunch
  - 2:30 PM: Drive home & Retreat Wrap-Up
- Transportation to Phoenix, AZ and to San Diego, CA

